



**Empowering Adults to Help
Students Succeed:**

**The Science of Relationship
Building**

Today's Objective and Agenda

Objective: Gain a deeper understanding of the core elements of strong relationships with young people and leave feeling more confident about their ability to build these relationships.

Agenda:

- Exploring the Foundation of Success
- The Developmental Relationships Framework
- Building Relationships Across Difference

Steps to Success



Activity: Steps to Success

- Think about someone who helped you succeed.
- Imagine you are going to write them a letter. What would you thank them for?
- What came to mind as you thought of that person and how they helped you?

The Power of Connection

- The most effective **stress management** technique is talking through your feelings and circumstances with a person you believe cares about you.
- The single greatest **protective factor** against risky behavior in adolescents is feeling connected to at least one caring adult outside your family.
- The negative effects of **trauma** are mitigated the most by a positive, stable relationship over time.
- Students report two reasons they **attend class**: they trust their teacher and believe that their teacher cares about them.

The Science of Relationships

If relationships with other people are so powerful, why do we give people so little direction on how to build them?

Are all relationships equal?

Science says NO. Relationships done right can fuel human development in ways that vastly increase growth and success.

These relationships are called Developmental Relationships, and they are impactful.

Developmental Relationships Framework



1. **Express Care:** Show me that I matter to you.
2. **Challenge Growth:** Push me to keep getting better.
3. **Provide Support:** Help me complete tasks and achieve goals.
4. **Share Power:** Treat me with respect and give me a say.
5. **Expand Possibilities:** Connect me with people and places that broaden my world.

Impact of Developmental Relationships

Search Institute conducted a longitudinal study of more than 25,000 middle and high school students and found that for every developmental relationship that students had, they:

- Were more caring.
- Were more responsible.
- Had increased social-emotional skills overall.
- Had better decision-making skills.
- Had significantly higher academic motivation.

Challenge Yourself

1. Open the “Two Students” document in your resource packet.
2. Create an electronic copy of this document or a handwritten version.
3. Follow the directions in the document to complete the activity.
4. Once you have completed the activity, take a few moments to reflect on the following questions:
 - How do you explain differences?
 - What patterns do you see?
 - What would you need to change in order to build a component when it feels hard?

Next Steps

YOU can build developmental relationships that help young people thrive!

- As you reflect on the two students activity, consider committing to trying one of these strategies with a young person you work with.
- Consider the 4S Interview Activity as a follow-up. (Information on the 4S activity is located at the bottom of the “Two Students” document.)

THANK YOU!

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Data shared in this training represents data available in 2023.

